

**Full Report (All Nutrients) 45134700, HEALTHY CHOICE Chicken Parmigianino Complete Meal, UNPREPARED, GTIN: 00050100459543**

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

**Report Date: July 08, 2017 20:03 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Conagra Brands

| Nutrient                           | Unit | Data points | Std. Error | 1 Meal (328g)<br>328g | 1 Value<br>Per100 g |
|------------------------------------|------|-------------|------------|-----------------------|---------------------|
| <b>Proximates</b>                  |      |             |            |                       |                     |
| Energy                             | kcal | --          | --         | 331                   | 101                 |
| Protein                            | g    | --          | --         | 16.01                 | 4.88                |
| Total lipid (fat)                  | g    | --          | --         | 10.00                 | 3.05                |
| Carbohydrate, by difference        | g    | --          | --         | 43.00                 | 13.11               |
| Fiber, total dietary               | g    | --          | --         | 5.9                   | 1.8                 |
| Sugars, total                      | g    | --          | --         | 12.99                 | 3.96                |
| <b>Minerals</b>                    |      |             |            |                       |                     |
| Calcium, Ca                        | mg   | --          | --         | 151                   | 46                  |
| Iron, Fe                           | mg   | --          | --         | 1.44                  | 0.44                |
| Potassium, K                       | mg   | --          | --         | 508                   | 155                 |
| Sodium, Na                         | mg   | --          | --         | 561                   | 171                 |
| <b>Vitamins</b>                    |      |             |            |                       |                     |
| Vitamin C, total ascorbic acid     | mg   | --          | --         | 36.1                  | 11.0                |
| Vitamin A, IU                      | IU   | --          | --         | 499                   | 152                 |
| <b>Lipids</b>                      |      |             |            |                       |                     |
| Fatty acids, total saturated       | g    | --          | --         | 2.001                 | 0.610               |
| Fatty acids, total monounsaturated | g    | --          | --         | 3.510                 | 1.070               |
| Fatty acids, total polyunsaturated | g    | --          | --         | 4.002                 | 1.220               |
| Fatty acids, total trans           | g    | --          | --         | 0.000                 | 0.000               |
| Cholesterol                        | mg   | --          | --         | 30                    | 9                   |
| <b>Amino Acids</b>                 |      |             |            |                       |                     |

| Nutrient  | Unit | Data points | Std. Error | 1 Meal (328g)<br>328g | 1 Value<br>Per100 g |
|---|------|-------------|------------|-----------------------|---------------------|
| Other   |      |             |            |                       |                     |
| Ingredients   |      |             |            |                       |                     |
| BREADED WHITE MEAT CHICKEN PATTY (WHITE MEAT CHICKEN, WATER, BREADER [WHEAT FLOUR, SALT, SPICES, SOYBEAN OIL, DEXTROSE, YEAST EXTRACT, DRIED WHEY, COLORED WITH OLEORESIN PAPRIKA], BATTER [YELLOW CORN FLOUR, CORN STARCH, SPICES, SUGAR, SALT, YEAST EXTRACT, LEAVENING {SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE}, GARLIC POWDER, GUAR GUM], CONTAINS 2% OR LESS OF: SOY PROTEIN ISOLATE, MODIFIED POTATO STARCH, MODIFIED CORN STARCH, SALT, FLAVORINGS, SODIUM TRIPOLYPHOSPHATE), WATER, COOKED PASTA (WATER, ENRICHED WHEAT FLOUR [DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE {IRON}, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SOYBEAN OIL), BROCCOLI, APPLES (CITRIC AND ASCORBIC ACID TO RETAIN COLOR), TOMATOES IN PUREE (TOMATOES, TOMATO PUREE, CITRIC ACID), BROWN SUGAR, REDUCED FAT MOZZARELLA CHEESE (PASTEURIZED MILK, NONFAT MILK, CHEESE CULTURE, MODIFIED CORN STARCH*, SALT, SODIUM CITRATE*, FLAVORS*, VITAMIN A PALMITATE, ENZYMES *[INGREDIENTS NOT FOUND IN REGULAR MOZZARELLA CHEESE]), CONTAINS 2% OR LESS OF: TOMATO PASTE, ONIONS, MODIFIED CORN STARCH, GARLIC, SUGAR, SEA SALT, NONFAT DRY MILK (NONFAT DRY MILK, VITAMIN A, VITAMIN D), FLAVORINGS, ACETYLATED MONOGLYCERIDES, OLIVE OIL, WHEAT FLOUR, BUTTER FLAVOR (MALTODEXTRIN, MILK FAT ANHYDROUS, MODIFIED CORN STARCH, MEDIUM CHAIN TRIGLYCERIDES, ENZYME-MODIFIED BUTTER FAT, NATURAL FLAVOR), WHEY, SWEET CREAM POWDER (CREAM, NONFAT MILK, SODIUM CASEINATE), SALT, VANILLA FLAVOR (WATER, PROPYLENE GLYCOL, NATURAL AND ARTIFICIAL FLAVORS [CONTAINS ETHYL ALCOHOL, CORN SYRUP, INVERT SUGAR, CARAMEL COLOR]), CARAMEL FLAVOR (PROPYLENE GLYCOL, ETHYL ALCOHOL, NATURAL FLAVORS, ARTIFICIAL FLAVORS, WATER), CARAMEL COLOR. CONTAINS: MILK, SOY, WHEAT. <i>Date Available:</i> 03/09/2017 <i>Date Last Updated by Company:</i> 03/09/2017 |      |             |            |                       |                     |